

# Is my diet Mediterranean?

## Your adherence to the Mediterranean diet is:



HIGH  
13 or 14  
points



MEDIUM  
Between 12  
and 9 points



LOW  
8 points  
or less

## Physical exploration:

Height: \_\_\_\_\_ cm      Blood pressure: \_\_\_\_\_ mmHg

Weight: \_\_\_\_\_ Kg      Waist circumference: \_\_\_\_\_ cm

BMI: \_\_\_\_\_ Kg/m<sup>2</sup>      Hip circumference: \_\_\_\_\_ cm

## Links of interest: (in Spanish)



Are nuts and olive oil fattening?

<http://goo.gl/GFjd1B>

Is it healthy to eat fruit after meals?

<http://goo.gl/OIJFNS>

Does eating eggs increase cholesterol?

<http://goo.gl/nLpJdl>



A radio show about the Mediterranean diet: (in Spanish)

<http://goo.gl/7QOFs8>



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# Assess your adherence to the Mediterranean diet

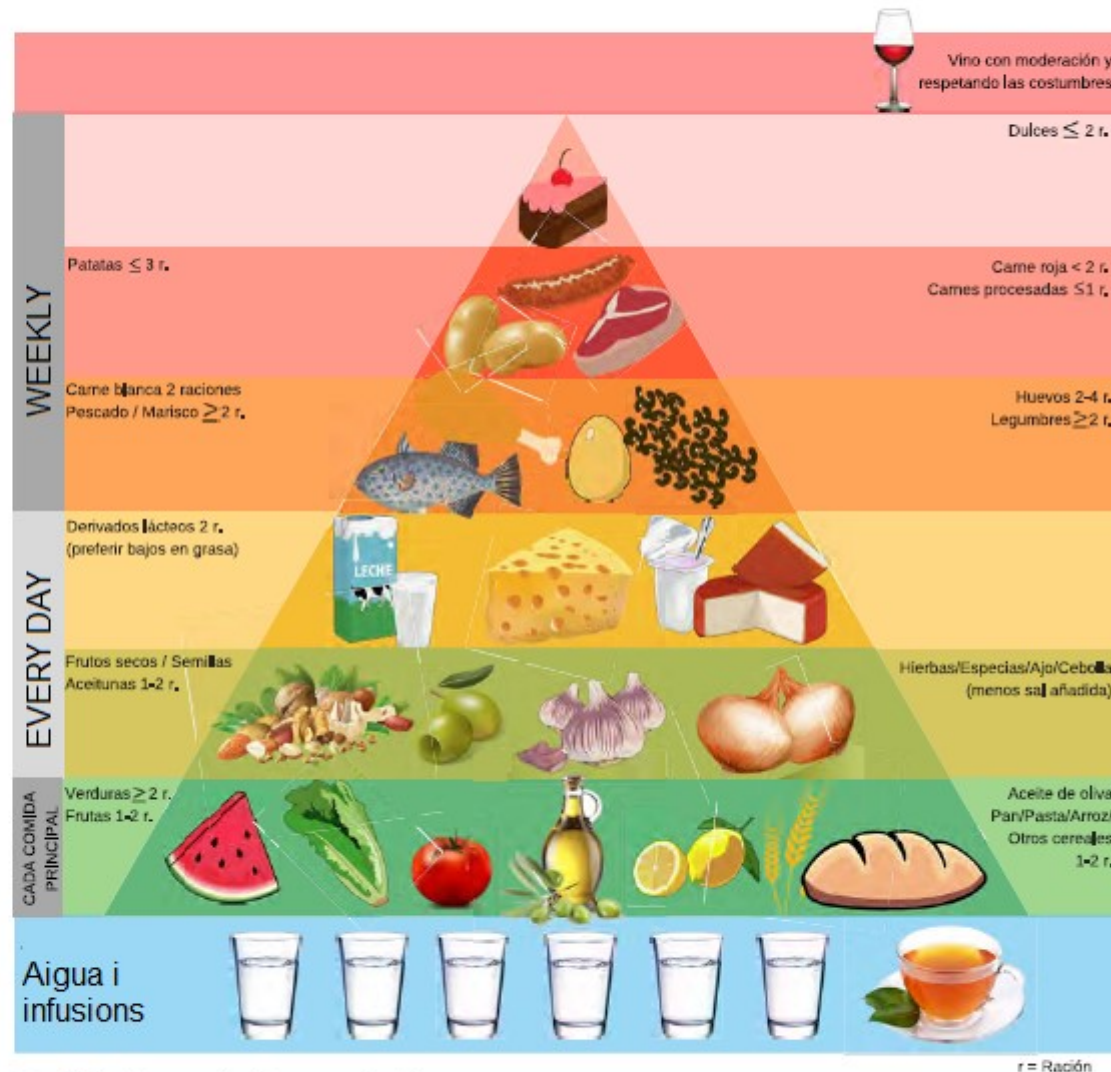
1 point affirmative answer; 0 points negative answer

- Do you use olive oil as the main cooking fat?
- Do you eat 4 or more tablespoons of olive oil a day, including that used for frying, salads, etc.?
- Do you eat 2 or more servings a day of vegetables?
- Do you eat 3 or more pieces of fruit a day (including natural fruit juices)?
- Do you eat less than 1 serving a day of red meat or meat products (burgers or sausages)?
- Do you eat less than 1 serving a day of butter, margarine, or cream?
- Do you drink less than 1 serving per day of sugary or carbonated beverages (soft drinks, colas, etc.)?
- Do you drink 7 or more glasses of wine a week?
- Do you eat 3 or more servings of fish or shellfish a week?
- Do you eat commercial pastries, flans, cookies, sweets, or cakes less than 2 times a week?
- Do you eat 3 or more servings a week of nuts?
- Do you prefer chicken, turkey, or rabbit meat instead of red meat?

**Total Score**

# Mediterranean diet pyramid

## A current lifestyle



r = Ración

Guide for adult population